

Effect of Competitive Anxiety on Heart Rate and Shooting Efficiency of Female Air Pistol Shooters (10 Mts)

Jogbinder Singh Soodan, Sandeep Kaur and Ashok Kumar

Abstract

Aim: To find out the correlation between competitive anxiety, heart rate and shooting efficiency of female national shooters. **Material & Methods:** The study was conducted on 35 female shooters and their age ranged 15 to 23 years. All subjects, which have been selected for sampling, participated in National or International level competitions and have been selected from SAI centre Badal, District Shri Mukatsar Sahib (Punjab). **Result:** It was found that the shooting efficiency of pistol shooters is insignificant and negatively related with competitive anxiety. **Conclusion:** The results showed that heart rate before and during competition (Max. HR) and competitive anxiety negatively correlated with each other but competitive anxiety insignificantly related with heart rate of the national pistol shooters of 10M range.

Jogbinder Singh Soodan

Assistant Professor
Akal College of Physical Education
Mastuana Sahib, Sangrur (Punjab) India
E-mail: jogbinder.jb@gmail.com

Sandeep Kaur

Research scholar
Akak College of Physical Education
Mastuana Sahib, Sangrur (Punjab) India
E-mail: shootersandeepkaur@gmail.com

Ashok Kumar

Associate Professor
Department of Sports Science
Punjab University Patiala (Punjab) India

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Introduction

Shooting is considered as one of the sports that can be taken up by any individual or participant regardless of age and sex for recreation and professional involvement. Anxiety is a common word, which we used in daily life. It is not about the particular job, work, gender, age difference and department. It is an Emotion about each and every person. Sometimes people considered it as fear, Anxiety is different from fear. Anxiety plays an important role to do any work on the other hand higher level Anxiety destroy the focus of person in particular work. Sports differ from one another so all sports generate different amount and different type of Anxiety which affect the performance of sportsperson negatively or positively totally depends on the level of Anxiety and type of sport. Anxiety is an Emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. Heart rate is the speed of Heart Beat. Heart Rate is evaluated by the number of contraction of the heart per minute. Heart Rate is different from body to body and condition to condition. It depends on physiological needs of the person. Environment plays important role for the Heart Rate. At High Altitude, Sea level and underground Heart is vary in every condition. Heart Rate is different during training, before competition, during competition after competition. We can say that, Heart rate depends on many factors that factors effects the Heart Rate at different type of levels. Efficiency is an ability to do any work successfully and well mannered with comfortable feel. This word often use in every field to do things in right way with